Will her rivals be treated to a swimming lesson?

Couldn't wake up in time to watch Brent Hayden at the 50-metre freestyle heats this morning? Don't fret: Check out more swim action as Toronto-born Martha McCabe competes in today's 200-metre breaststroke final at 12:30 p.m. on CTV

More Olympics coverage: PAGES 13-14

PM PARDONS FARMERS

HARPER CALLS THOSE CONVICTED YEARS AGO OF SELLING GRAIN IN THE U.S. 'COURAGEOUS' PAGE 2

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ANOTHER DUNK IN THE MEDAL POOL

Members of Canada's men's rowing eight throw a teammate in Lake Dorney after winning the silver medal in Eton Dorney, near Windsor, England, at the 2012 Summer Olympics, Wednesday. Meanwhile, tattooed swim idol Brent Hayden thrilled fans when he picked up his first medal — a bronze. For the stories, see pages 13-14. NATACHA PISARENKO/THE ASSOCIATED PRESS

NEWS 1

Don't worry there, buddy — it's just a little blood

Rider Zach Evans, standing, lends some moral support while teammate Dominic Picard donates blood on Wednesday. They were among the Roughriders who appeared at a Regina clinic as part of the Bleed Green campaign, which aims to increase blood donations. Evans and Picard, along with players Brent Hawkins, Ben Heenan and Keith Shologan, got their blood type tested, donated blood and mingled with the public. "It's giving back by giving blood, you know," Hawkins said while donating. "I am happy to get out in the community and do a little more." JEFF MACKEY/METRO IN REGINA

Harper pardons farmers convicted years ago of selling grain in the U.S.

'Marketing freedom' event. PM says those taking part in symbolic rebellion were first to raise awareness of issue among Canadians

Prime Minister Stephen Harper has granted pardons to farmers who were convicted in the 1990s for taking their grain across the border to sell in the U.S.

The farmers were trying to get around a law at the time that said they had to sell their wheat and barley through the Canadian Wheat Board or get export permits from the agency.

New federal legislation effective Wednesday strips the wheat board of its monopoly so that western farmers can sell their grain to whomever they choose.

Harper made the announcement on a farm near Kindersley, Sask., where he and Agriculture Minister Gerry Ritz marked what the government calls grain marketing freedom.

"These people were not criminals. They were our fellow citizens," he said to cheers from hundreds of farmers who support the change to the wheat board.

Prime Minster Stephen Harper walks in a wheat field owned by Robin, left, and Brenda Walde at a media event in Kindersley, Sask., Wednesday. The event marked the first day of marketing freedom for Western Canadian wheat, durum and barley growers. LIAM RICHARDS/THE CANADIAN PRESS

Quoted

"These people were not criminals. They were our fellow citizens."

Prime Minister Stephen Harper

"For these courageous farmers, their convictions will no longer tarnish their good names ... it is to them that much of this victory is owed."

Harper said the farmers who drove small amounts of grain across the border in symbolic rebellion were responsible for first raising the issue in the minds of Canadians.

The grain growers belonged to a loosely knit group called Farmers for Justice. They would often have their vehicles or equipment seized at the border, and in some cases were charged and convicted for breaking the law. At least one producer spent several months in jail.

"Never, never, never again will western farmers — and only western farmers — growing their own wheat on their own land be told how they can and can't market their products," Harper said with rolling green fields behind him.

He said the Conservative government had worked very hard to "right this wrong."

THE CANADIAN PRESS

Mobile news

Victory is sweet, but along that road an athlete has got to endure a bit of pain. Scan the code to view some cringe-worthy moments from the Olympics.

Nipawin

Backhoe operator fined over fatal explosion

A backhoe operator responsible for an explosion that killed two men has been charged $28,000.

Lorry Riemer was demolishing buildings in downtown Nipawin in 2008 when he snagged a natural gas riser with his equipment, leading gas to seep into a butcher shop, causing an explosion that killed two men working for Riemer and injuring others.

Provincial Judge Barry Morgan convicted Riemer earlier this year of two workplace violations and on Wednesday fined Riemer $10,000 for each count, plus two $4,000 surcharges for the victims' families.

THE CANADIAN PRESS

International Richardson

Revamped CWB announces grain-handling deal

The revamped Canadian Wheat Board is starting the first day of the new crop year with a grain-handling deal with one of the country's largest agribusinesses.

Winnipeg-based International Richardson says it will accept grain deliveries from farmers with wheat board contracts at all its locations in Western Canada.

Wheat board president Ian White says the agreement will serve Prairie grain farmers who want the benefits of his agency's pool prices. Federal legislation is now in effect that takes away the wheat board's monopoly on western wheat and barley sales. The board does not own any of its own terminals, so must sign contracts with companies that can handle farmers' grain.

THE CANADIAN PRESS

Charges pending

Regina police investigate child abuse cases

The Regina caregivers of two sisters — a four-year-old girl and a two-year-old girl — are in custody with charges pending.

The sisters are alleged to be victims of abuse and neglect. The four-year-old was taken to hospital in the early hours of Wednesday morning in an unresponsive state; she was revived, but remains in critical condition at a Regina hospital. The four-year-old's younger sibling was then located by police and also taken to hospital. THE CANADIAN PRESS

Belarusian generals ousted after teddy bear air invasion

Human rights stunt.
Swedes risked being shot down delivering messages to people of authoritarian country

It's probably the first time in history that teddy bears have defeated generals.

Belarus' authoritarian President Alexander Lukashenko has sacked two of the nation's top defence officials after two Swedish advertising agency employees piloted a light plane into the country's heavily guarded airspace, dropping 879 teddy bears decked out in parachutes and slogans supporting human rights.

Officials in the ex-Soviet state denied the July 4 incident until Lukashenko called a meeting last week to scold authorities for allowing such a "provocation."

The Belarusian ruler nicknamed "Europe's last dictator" on Tuesday fired the nation's air defence chief and the head of the Border Guards service, and reprimanded several other top security officials, his office said Wednesday.

Thomas Mazetti and Hannah Frey, the two Swedes behind the stunt, said they wanted to show support for Belarusian human rights activists and embarrass the country's military — a pillar of Lukashenko's power.

THE ASSOCIATED PRESS

Activists

- The Swedes' year-long preparations involved learning how to pilot the three-seater aircraft and buying the plane. They financed the $184,500 US cost of the stunt with their work in a small advertising agency.
- The pair said they were inspired by similar protests staged by Belarusian activists.

Thomas Mazetti and Hannah Frey of Sweden show a teddy bear on a parachute as they pose for a photo in Berlin, Germany, Wednesday. The slogan on the paper fixed to the bear reads, "We support the Belarusian struggle for free speech." GERO BRELOER/THE ASSOCIATED PRESS

Slaying highlights concerns for women's safety

Palestinians hold Arabic signs on Wednesday that read, "Protecting women from violence is an official and social responsibility," right, and "Shame on us. We Palestinians for killing our women." MAJDI MOHAMMED/THE ASSOCIATED PRESS

The brutal killing of a battered wife in front of horrified witnesses in an open-air Bethlehem market prompted angry accusations Wednesday that Palestinian police and courts ignore violence against women.

Nancy Zaboun, a 27-year-old mother of three, had her throat slashed Monday after seeking a divorce from her abusive husband of 10 years. The husband was arrested at the scene and is the prime suspect, West Bank officials said.

The case reverberated across Palestinian society because of the brutality of the attack. However, violence against women continues to be tolerated — similar to attitudes in other parts of the Arab world — and women's rights activists say abusive husbands are rarely punished.

Zaboun was regularly beaten by her husband, 32-year-old Shadi Abedallah, at times so severely that she had to be hospitalized, said Khaula al-Azraq, who runs a West Bank counselling centre where Zaboun sought help.

Even so, Abedallah was never arrested. Police only made him sign pledges he would stop hitting his wife, said al-Azraq, adding that Abedallah himself is a former police officer.

Zaboun was killed after attending a hearing in her divorce case. She was walking on the steep paths of an open-air market — not far from the Church of the Nativity, marking the traditional birthplace of Jesus — when she was fatally slashed.

On Wednesday, several dozen women staged a memorial for Zaboun in the Bethlehem market alley where she was killed.

THE ASSOCIATED PRESS

Cracking down

- Last year, Palestinian President Mahmoud Abbas signed a decree ending the practice of treating killings within a family with leniency.
- Justice Minister Ali Mohanna said such killings are now treated as any other murder, and claims of assailants that they were protecting "family honour" are no longer taken into account.

Ukrainian rescue

Dozens evacuated from Syria by plane

The Ukrainian government evacuated dozens of Ukrainians and Poles from Syria on Wednesday, using a military plane to transport a group made up largely of wives and children of Syrian men.

"I'm saving the life of my baby and my own life," a Ukrainian, Ilona Khamo, said after arriving at Kyiv's Borispil airport along with her three-month-old daughter and her Syrian husband.

She also said, "They are cutting children there with knives," but it wasn't clear whom she was blaming — the regime of President Bashar Assad or the rebels. She spoke to reporters as authorities rushed her and others to a temporary residence, and it wasn't possible to get her to elaborate.

The Il-76 plane departed from Aleppo, making a stopover in Damascus before flying to Kyiv, the Ukrainian capital. It carried 199 people, including 177 Ukrainians, 15 Poles and seven Syrians, the Ukrainian Foreign Ministry said. THE ASSOCIATED PRESS

Animal rights

France pays to have sharks killed after attacks

French fishermen will be on the hunt for a vulnerable shark species off the coast of the French Indian Ocean island of Reunion soon — and will pocket government cash for their kills after a dramatic rise in deadly attacks pushed Paris to take unprecedented measures.

Financial incentives will come into force as early as next week — and it's provoked an outcry from animal rights groups, who call it a legalized "extermination."

The sharks to be targeted are bull sharks, a large and aggressive species common in the Indian Ocean, which are widely believed to be behind several recent attacks on people.

The International Union for Conservation of Nature, a leading conservation group that produces the world's main list of endangered species, designates the bull shark as "near threatened," meaning it could face the threat of extinction in the near future.

THE ASSOCIATED PRESS

The Dark Knight Rises

Florida man faces charges following movie scare

A South Florida man faces disorderly conduct charges after a disturbance at a theatre showing the Batman movie The Dark Knight Rises.

Miami Beach police say more than 100 moviegoers fled early Tuesday after David Escamillo yelled "This is it!" during the film. Witnesses say they saw Escamillo leave the theatre and return wearing a pair of black gloves.

Escamillo was detained by movie patrons until police arrived. Officers said he smelled strongly of alcohol and was yelling "I didn't shoot anybody." Police found no weapon, and no shots were fired.

A records search revealed an outstanding warrant for battery. Court records didn't list an attorney for Escamillo.

The fracas occurred less than two weeks after a gunman killed 12 and wounded 58 others at a Colorado movie theatre.

THE ASSOCIATED PRESS

Kudos. Metro, Star proud of Pan Am Games mission

Metro News and Star Media Group are proud to announce we have been named as the official Print and Online Media Supplier for the 2015 Pan American and Parapan American Games in Toronto.

"We are excited about this remarkable opportunity," said Metro English Canada President Bill McDonald.

"And we're looking forward to providing Metro readers with the Games highlights, features, personality profiles and more — delivered with the urban attitude our readers expect."

Toronto Star Publisher and Star Media Group President John Cruickshank said: "Our goal is to provide Canadians from coast to coast with comprehensive, balanced news and in-depth information about the Games through the Toronto Star and our Metro newspapers in Toronto, Vancouver, Edmonton, Calgary, Saskatoon, Regina, Winnipeg, London, Ottawa and Halifax."

The Pan American Games, one of the world's largest multi-sport events, is held every four years for athletes of the Pan American Sports Organization's 41 member states.

Featuring 48 sports, including all Olympic Summer Games events, the Games will draw more than 10,000 athletes and officials to Toronto and the Greater Golden Horseshoe area.

The 2015 Games will run from July 10-26, followed by the Parapan American Games on Aug. 7-14. For more information, visit Toronto2015.org. METRO

Pan Am flashback: Canada's hoop and ribbon team rejoice after winning a silver medal at the 2011 Games in Mexico. NATHAN DENETTE/THE CANADIAN PRESS

Needle found

Needle in food jolts Air Canada

A "full investigation" is underway at Air Canada after a passenger found what appeared to be a sewing needle in a catered sandwich aboard a flight from Victoria to Toronto.

Airline spokesperson Peter Fitzpatrick says Air Canada is working closely with its caterers to ensure heightened security measures are in place.

Meanwhile, a spokesperson for Dutch police investigating how needles got into six turkey sandwiches on Delta Air Lines flights from Amsterdam to U.S. cities last month says it's too early to tell whether there's any connection with the Air Canada incident. THE CANADIAN PRESS

Women's 'hairy legs' add kick to a lawsuit

G20 case. Group sues police for $1.4 million, alleging sex-based discrimination, false arrest, battery — and profiling by officer

Alicia Ridge, in white, studies a Metro Toronto story about the lawsuit on Wednesday. RICK MADONIK/TORSTAR NEWS SERVICE

A woman suing Toronto police over her arrest during the G20 summit two years ago said it's not just about "hairy legs" — a description applied to female protesters by the arresting officer.

It's more about sex-based discrimination, said Alicia Ridge, 27.

Ridge is part of a group of seven people from Hamilton who sued Toronto police for $1.4 million Wednesday over their arrests during the 2010 summit, claiming false arrest, battery and malicious prosecution.

The women in the group claim they were profiled by an officer who wrote in his arrest notes that all the women had hairy legs — something he said he associated with G20 protesters.

Ridge, who is a nurse and studying to become a midwife, and also volunteers with a sexual assault centre, said the lawsuit was prompted by allegations beyond the "hairy legs" comment.

"My arresting officer, who was male, decided to do an initial search of my body, which was just basically running his hand up the side of my leg and grabbing my ass, along with sexualized comments and comments that were put out there to create fear," Ridge said Wednesday after serving the lawsuit at police headquarters.

None of the claims has been proven or tested in court. The Toronto Police Services Board was not immediately available to comment on the lawsuit.

The group alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a pizza parlour. THE CANADIAN PRESS

How to spot a protester : Officer explains

A provincial police watchdog, the Ontario Independent Police Review Director, investigated and found the complaint "substantiated."

- **The officer.** The watchdog's report found Const. James Ure wrote that "all parties appear to be protesters ... and females all have hairy legs."
- **His arrest notes.** The officer told investigators he jotted down the "hairy legs" note as a general observation, calling unshaven female legs "one indicator that I associated with protesters down at the G20 that weekend."
- **The police.** A police spokesperson was not immediately able to say whether any action had been taken against the officer.

Premium seats

WestJet offering more leg room

WestJet passengers willing to pay more for extra leg room will be able to fly "premium economy" in four rows — but some non-premium customers might notice a little less space in the other seats.

Aiming its premium seats at business travellers with an eye on revenue growth, WestJet will increase the distance between the back of the seat and the one behind it to 36 inches in four rows of its planes across its fleet.

But that also means the rest of the seats will be reconfigured to 31 to 32 inches of leg room, a move WestJet says will bring it "in line with North American competitors." THE CANADIAN PRESS

Shareholders' say

Invesco backs Rona takeover bid

Invesco Canada, one of the largest shareholders of Rona Inc., confirmed on Wednesday that it's backing a $1.76-billion bid by U.S.-based Lowe's for Canada's largest home-improvement retailer.

Invesco has a 12 per cent stake in Quebec-based Rona and said it's disappointed with how the company's management team has run the company.

Rona has refused Lowe's unsolicited takeover of $14.50 per share, saying it's not in the interest of its shareholders. The deal would have given Lowe's a much bigger foothold in Canada. THE CANADIAN PRESS

Cigarette challenge

Judge OKs tobacco suit against FDA

A U.S. judge has ruled that a challenge by cigarette makers Lorillard Inc. and R.J. Reynolds Tobacco Co., alleging conflicts of interest in the Food and Drug Administration advisory panel's review of tobacco products, can now move forward. THE ASSOCIATED PRESS

A U.S. judge says a lawsuit by two tobacco companies can go ahead. THE ASSOCIATED PRESS

CBC wins back rights to Olympics

Bid approved. Sochi, Rio Games will be back in the hands of the public broadcaster after it lost out to CTV in recent years

CBC executive Kirstine Stewart TORSTAR NEWS SERVICE

The Olympic Games will return to CBC in two years for the Winter Games in Sochi, Russia and again in 2016 for the Summer Games in Rio de Janeiro, the International Olympic Committee announced Wednesday.

The decision puts the massive sports spectacle back in the hands of the public broadcaster, which last aired the Summer Games in 2008 from Beijing. Before that, CBC had aired 19 different Olympics over almost 60 years in Canada.

CBC executive Kirstine Stewart said a long-established Olympic track record helped it nab the rights after two joint proposals with Bell Media were rejected by the IOC.

Those pitches were said to have fallen apart over money, but Stewart vowed CBC's solo bid would not further cut into the public broadcaster's hefty budget woes.

"We actually made sure that this was, based on our prior experience, a cost-neutral proposal," said Stewart, predicting broad coverage on CBC, SRC and multiple digital platforms.

The Sochi announcement comes a little over a month after CBC and Bell Media announced they would no longer pursue the Games together. THE CANADIAN PRESS

The Fed points to a slowing U.S. economy

Trader Bobby Finnerty calls to a colleague on the floor of the New York Stock Exchange on Wednesday. Stating that the United States economy is slowing and that more action could be needed, the Federal Reserve decided to keep interest rates unchanged at near zero. In a statement released after a two-day meeting, the Fed acknowledged that economic activity had slowed over the first half of the year. It also said unemployment remains elevated and consumer spending is rising at a somewhat slower pace. RICHARD DREW/THE ASSOCIATED PRESS

Rising grain prices

Get ready to fork out more for food

Grocery shoppers may need to dig deeper into their pockets as drought conditions inflate food prices well into next year and maybe beyond, Maple Leaf Foods president and CEO Michael McCain warned Wednesday. "Rising grain markets, specifically corn, affect the entire food chain," McCain said. THE CANADIAN PRESS

Market Minute

DOLLAR 99.48¢ US (-0.23¢)

TSX 11,618.53 (-46.18)

OIL $88.91 US (+85¢)

GOLD $1,603.70 US (-$6.80)

Natural gas: $3.171 US (-3.8¢)
Dow Jones: 12,976.13 (-32.55)

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WHAT MAY SEEM FOREIGN TO YOU IS REALLY JUST NICKELBACK

HE SAYS...
John Mazerolle
metronews.ca/hesays

I never worry when I go on long trips, because I know my father will do the worrying for me.

As my upcoming camping trip to Scandinavia approaches, I can be assured of such nuggets of wisdom as "It will be cold/expensive/non-English there, you know."

These things aren't said with any xenophobia on Dad's part. It's more a presumption that I'm an idiot — which is fair.

My father, after all, spent a good portion of his life watching me putting shirts on inside out, placing metal-rimmed objects in the microwave and leaving ice cream out to melt, and that was just my 20s.

It doesn't help that the first time I ever went on a big solo trip — a cross-Canada train journey — I spent the final five minutes before departure reassuring Dad I'd be fine, then marched out of the station with conviction. Without a train ticket, but with conviction.

Here, then, are my travel tips to help put Dad's mind at ease while simultaneously enlightening my readers. Also to fill the space between the ads and pick up a paycheque. You're welcome.

- Don't get so caught up in overseas preparations that you forget to **tie up loose ends here**. I've been pre-spoiling food and killing my plants so that I don't have to worry when I'm gone.
- If your **passport** is blank, be sure to write in a few countries yourself so you don't seem lame.
- **Burglars** want inside your home while you're gone, so make sure the interior helps you come off well. Leave what appear to be the notes of an epic, unfinished manuscript on a table, or write a complicated-looking mathematical formula on the wall. If you're worried about **security**, a cardboard silhouette "pacing in the window" on a model train set has never failed anybody.
- If you have **children**, remember to leave them at home.
- Carry some **emergency cash** in a "neck wallet" under your clothes. This works because no criminal has ever seen one before and won't think to take the big pouch on your torso that appears to be filled with money.
- Take things slow and befriend the locals. You can't get to know a country by just whipping through it without stopping for breath. I prefer to understand how a place's previous decades and even centuries of history has impacted the current psyche of the people in a time of economic uncertainty, and that takes three days.
- Many people are intimidated by new places, but be confident and remember that millions of people already live in the country you're heading to, and they survive despite rampant idiocy, which is a worldwide condition. A good friend of mine visited me once when I was living in Vienna and — in his first exposure to centuries-old Austrian culture — saw a bar full of drunks belt out Nickelback tunes. If those people can survive, so can you.
- Finally, call your Dad. Better yet, call my Dad. It might help him relax.

If you're not a good traveller, at least look good while you're doing it. ISTOCK

Hang on, the mayor's stuck

Losing momentum

Politician left hanging on a wire

A publicity stunt at a public viewing area for the Olympic Games went awry on Wednesday, leaving London Mayor Boris Johnson stranded some five metres off the ground.

Johnson was left dangling in midair above the crowds at east London's Victoria Park — clutching his Union Jacks — for roughy five minutes before rescuers came to help him down.

THE ASSOCIATED PRESS

Proud moment

"If any other politician anywhere in the world was stuck on a zip wire it would be a disaster. For Boris, it's an absolute triumph."

U.K. Prime Minister David Cameron

Flying high

No gold-medal finish for Boris

Staff at the park eventually pulled him to safety with a rope.

"Fortunately, the mayor survived his first zip wire experience," a statement from his office said.

"Clearly the judges are likely to mark him down for artistic interpretation, and unlike Team G.B., he won't be bagging any gold medals today but he remains unbowed," it added. THE ASSOCIATED PRESS

LEE MEDCALF/THE ASSOCIATED PRESS

Metropolitan Panel

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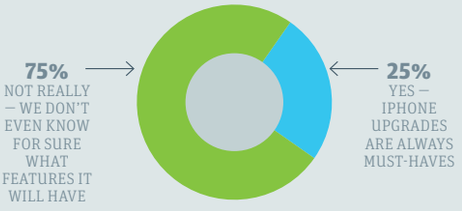
Are you holding off on buying a new phone in anticipation of the iPhone 5?



Twitter

@brodyisthebest:
I wonder why people call the Ex "The Fair" when most of the games are rigged. #yxe

@Crissylynsky:
Congratulation to my brother-in-law Justin Manning for opening his own denture clinic!

@Anthonymund:
Any drummers interested in starting a new metal band?

@L1SER:
Just drove past five very handsome mormon men having a lemonade stand. Most adorable and wonderful thing I've seen in a long time.

@Danger_mp:
We're so cool they named air conditioners after us. #PayneLegacy #NoPayneNoGain #A/C #staycold #yxe

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Local producers howling with excitement over series debut

My Lupine Life.
Web show filmed in Saskatoon tells story of a teen who firmly believes he will turn into a werewolf

BACKSTAGE PASS
Simon Hiatt
saskatoon@metronews.ca

On Wednesday night a full moon lit up the sky, an appropriate time for the first appearance of My Lupine Life — by Louis Pine.

The 13-episode series, released by filmmakers Torin Stefanson and Teri Armitage, tell the story of a young man who is convinced he will be experiencing some big changes that have nothing to do with adolescence.

"He has come to believe he is a genetic werewolf, a condition that he has inherited from his father who has been absent for a decade," said Stefanson. "He's documenting what's going on with him so he can prove to people he's a werewolf."

While the legends that provide the source material for the series date back to ancient Greek mythology, the series itself is being delivered in the most modern of ways.

It is available free on the Internet, along with an app that not only plays the show, but also helps users determine if they are, in fact, a werewolf.

"One of the nice things about being on the Internet is that you get feedback right away. When you make a film or a traditional TV show you don't get that kind of contact," Stefanson says.

Among those who have seen episodes of the series, which range in length from three-and-a-half to seven minutes, the feedback has been positive. The show received five awards at the Los Angeles Web Festival.

Accolades aside, there are potential drawbacks to Internet-based broadcasting: It's difficult to make money.

Stefanson is optimistic the show can be profitable through ad sales, but is quick to add that the project also received substantial help from several sources including the Saskatchewan Tax Credit.

But Stefanson says he's concerned about the provincial government's decision to change the tax credit structure, a move that's led several of his colleagues to leave the province. And he could be next.

"It's just a matter of time," said Stefanson. "It's sad because my family's here and I was born here, and I want to work here."

If this is one of the final projects filmed in Saskatoon, Stefanson says he is proud that it demonstrates what can be done here.

"Our cast wasn't very big and our budget wasn't very big, but it was a very ambitious project and it's a substantial show."

Episodes can be viewed at yourlupinelife.com.

A young man attempts to explain his werewolf heritage in My Lupine Life — by Louis Pine. SUPPLIED

Quoted

"One of the nice things about being on the Internet is that you get feedback right away."
Filmmaker Torin Stefanson

Werewolves: A short history

If your knowledge of werewolves begins and ends with Jacob from the Twilight series, here's a lycanthropic history lesson:

- There are references to werewolf-like creatures in Greek and Roman mythology. The works of Herodotus, Virgil, Ovid and Pliny all contain mentions of the creatures.
- More modern European folklore offers warning signs that someone is a werewolf; eyebrows meeting on the bridge of the nose, low-set ears and bristles under the tongue are all supposed indicators.
- Recent books and movies typically portray the source of werewolf infection as coming from a bite or scratch, but in traditional tales it is often the result of a curse by a god, demon or another person. You should also watch what you drink because consuming rainwater from the footprint of a werewolf has also been suggested as a cause.

SCENE2

On the Web

The Who fans disappointed by '79 show cancellation trade in tickets for concert 33 years later

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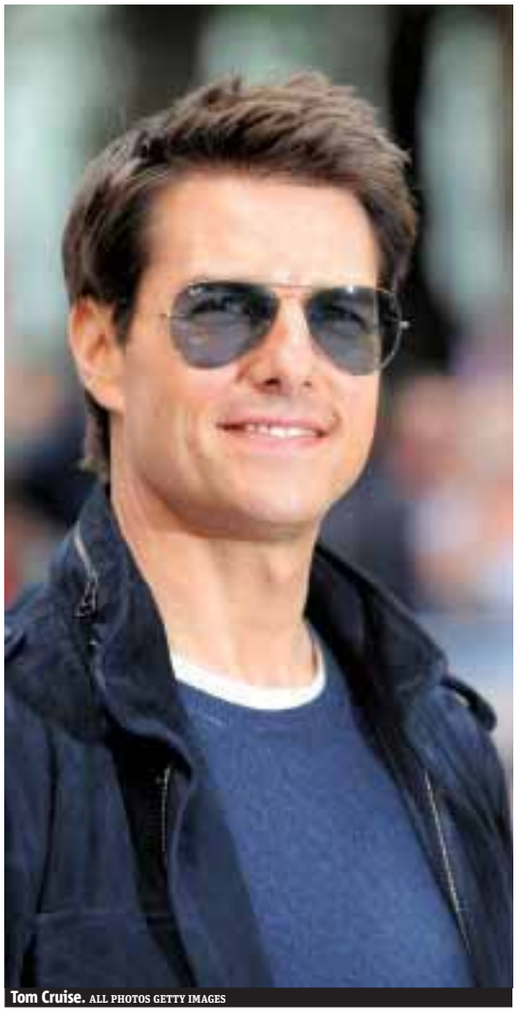
METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise whisks Suri off to Disney World

Tom Cruise is pulling out all the stops for his time with daughter Suri in the wake of his divorce from Katie Holmes — and he's not above a trip to the Magic Kingdom.

Cruise headed to Walt Disney World with his daughter and other family members this week, with the six-year-old dressed up as a mermaid.

"Suri looked like she was in heaven," another park-goer tells People magazine. "It was really cute. She was walking around like she owned the place, having the time of her life, and Tom — who looked really handsome — was talking to her, was really engaging with her."

The Word

Pattinson staying at Witherspoon's ranch

THE WORD
Monica Weymouth
scene@metronews.ca

Loyal Word readers may have noticed that Robert Pattinson and Kristen Stewart have been absent from our pages for two full days. But all good things, of course, must come to an end.

After moving out of the Los Angeles mansion they were sharing, Pattinson has surfaced at friend and Water for Elephants co-star Reese Witherspoon's super sweet California ranch, reports Us Weekly. Pattinson remains "inconsolable" about Stewart's affair with Rupert Sanders and is more of a "total mess" than usual, sources tell the magazine.

As for Kristen, she's found support with Panic Room co-star Jodie Foster.

"As soon as she heard the news, Jodie contacted Kristen," a source tells RadarOnline. "Jodie told Kristen to take no notice of the media bashing and said if she wanted to cry her heart out to her she's always available."

Unless Jodie Foster's got a Malibu beach house up her sleeve, we're going to have to hand this round to Pattinson.

Jessica Biel and Justin Timberlake

Jessica Biel enjoying being engaged

Jessica Biel and Justin Timberlake probably aren't getting married soon, if Biel's level of preparation for the big day is any indication. The actress says she's prepared "almost nothing" for her wedding.

"I'm just being engaged. I do feel like there is a lot of time and nothing needs to be rushed," she says, according to the Chicago Sun-Times. "Everyone tells me that being engaged is the really special moment — not that it gets bad when you're married."

Twitter

@EllenBarkin
To all u out there threatening me, I have no problem reading your childish age related insults, but threats on my life...no.Blocked & reported

@RealRonHoward
Back in the editing room after a complete and encouraging screening for a few friends and family last night

@MarthaPlimpton
That's it. I'm going on a total twitter blackout until the end of the Olympics. The spoilers are infuriating.

@russellcrowe
The Olympics opened already, wow , missed it, first time in a long time...I've been in the Icelandic bush...well, moss...Kleifarvatn...

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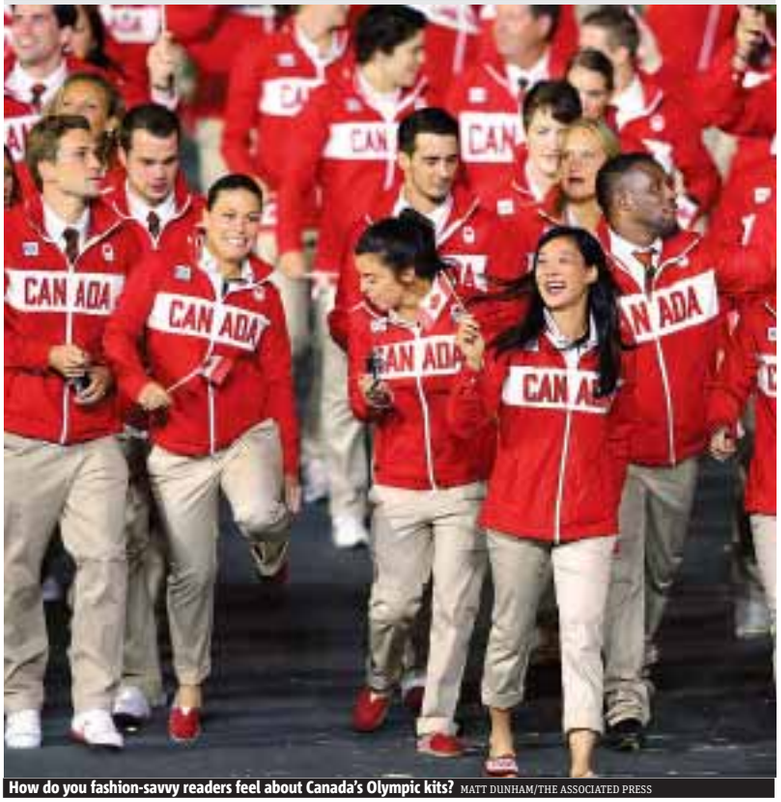
A world-class wardrobe

Go for the glam. 2012's Olympic audience is seeing peak athletic performance paired with front-line fashion


How do you fashion-savvy readers feel about Canada's Olympic kits? MATT DUNHAM/THE ASSOCIATED PRESS

Who said sportswear can't be chic?

The athletes' parade during last week's opening ceremony might as well have been a catwalk show, with some of fashion's biggest names — Armani, Prada, Ralph Lauren, Stella McCartney — designing the team uniforms.

Many in the fashion industry are already calling this the most stylish Olympics ever.

The Italians must be some of the best-dressed athletes, scoring points with an understated monochrome kit in navy and white by Giorgio Armani, as well as waterproof blue designs for their sailing team by Prada.

Stella McCartney has worked with Adidas to design the sporting gear and Village wear (loungewear) for Britain's home team, though the outfits weren't on show Friday as athletes covered up in white and gold tracksuits. McCartney's gear takes inspiration from the iconic Union flag, but she said she deconstructed it to make it "more delicate and feminine."

Look out for them on the track and at the pool: Red is sparingly used to highlight a palette that mostly features white and shades of blue — turquoise, navy, cobalt.

Meanwhile, the American team may have gotten a barrage of bad press for its made in China Ralph Lauren uniforms, but the preppy designs were still some of the most stylish in the arena: clean-cut navy blazers, crisp white trousers, skirts, and shoes, accessorized with navy berets and blue, red and white striped scarves.

The Jamaican team is in the spotlight because of sprinter Usain Bolt, so it's fitting that it also got a boost in the fashion stakes this year. Their kit, which feature the national colours as well as lightning-like prints, were designed by Cedella Marley, daughter of legendary singer Bob Marley, for Puma.

The styles were modeled by a flamboyantly dancing Bolt at a London catwalk recently.

"Cedella Marley brings island colour to team Jamaica — a sea of tropical yellow, green and black," said Avril Graham, Harper's Bazaar executive fashion and beauty editor, on Friday.

Other designers behind the Olympics this year include luxury label Hermes, which has designed riding jackets for the French equestrian team, and Salvatore Ferragamo, which designed the official uniform for the European republic of San Marino.

Some designers didn't get involved in the official Olympics gear, but used the games as an opportunity to cash in and promote their brands anyway.

Karl Lagerfeld, for example, launched an Olympic-themed womenswear collection called Team Karl at London department store Selfridge's — though he reportedly said he wouldn't tune in to watch the games.

Meanwhile, high-street chain store H&M said it was launching two pop-up stores dedicated to selling sportswear in London.

THE ASSOCIATED PRESS

A low score for style?

Friday's athletes parade also showcased some surprising and less popular designs.

- The German team was notable for not using their national colours at all — instead, the kit was all hot pink for the women's jackets, and cornflower blue for the men; both were paired with white trousers.
- The Czechs, meanwhile, wore bright blue wellington rain boots paired with white shorts.
- Some Spanish athletes have posted tweets grumbling about their garish red and gold outfits, and there are even Spanish Facebook groups set up to campaign against the gear.

Scouts honour: Ralph Lauren seemingly drew inspiration from those 'always prepared' club members of the past. MATT DUNHAM/THE ASSOCIATED PRESS

Pool cool

Beauty in a bathing suit

Natalie Coughlin has been in the pool as long as she can remember, building the muscles and learning the discipline that would lead her to 12 Olympic medals. Many of the same things that help in her training also help her beauty routine.

"Eating well and taking care of your body is the No. 1 most important thing for good hair, good skin and good nails," she says. "Your nutritional needs show up on your hair, skin and nails."

Dryness is what she's usually battling, but she has success with leave-in conditioner as a weapon, says Coughlin, who signed earlier this year as a spokeswoman for hair-care brand Pantene. She skips the chlorine-removal shampoos, though, because she finds they not only take out the chemicals but also moisture. When she does her own hair and makeup, she'll wear her naturally wavy hair down with "just a touch of help from the curling iron." She'll wear brown eyeliner and mascara – both "don'ts" on days she is swimming because they'll run.

She'll use a dry brush on her skin before a shower or bath, which not only exfoliates dead skin cells but also feels good. "I take a natural bristle brush and brush my entire body. It's holistic, I'll brush it toward my heart."

THE ASSOCIATED PRESS

On the Web

Ukraine fashion show shines rare spotlight on the disabled.

The beauty of a few curves

Modern looks.
Smooth-lined furniture on its way

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

For far too long we have seen the trend of square-edged furnishings highlighted in the best looking homes and hotels. I have always been a believer that whenever a decor scheme has square corners there must be a few rounded ones to create a healthy design juxtaposition.

As we slowly see a return to traditional lines in furnishings we also see "the curve" coming into modern looks. Here's a selection of "curves-with-personality" pieces that can help break up the linear action in most of today's rooms; and in my favourite colour combination of persimmon and grey.

Round out the room

A rounded banquette helps to snuggly fit a round table and mid century modern shapely chairs in a family eating nook.

Ryder Rocking Chair, $740, West Elm

Danish-inspired design with simple lines and natural materials turns the idea of a rocking chair into something of cool comfort.

Haviland Chest, $350, Pier 1

Painted stripes play off the Bombe curves of a stylish cabinet. A fun, personality-filled accent.

Hartwell Sofa, $1,999, Ethan Allen

An arched back and flared arms help to modernize the classic camel-back sofa.

Isala Side Table, $199, Ikea

Legs reminiscent of Victorian stair spindles serves up oversized whimsy on a side table.

Doily 8' Rug, $800, Anthropologie

Circularly shaped with petal details and scrolled cut-outs give us beautiful curves for the floor.

Corsett Leather Ottoman, $249, Urban Barn

Cinch it in for some sexy curves.

Incorporating curves into a modern space

- Use the 70/30 rule to balance the look in a room: 70 per cent square modern lines, 30 per cent curvy lines.
- Keep the colours solid and the patterns plain on curvy furnishings. Curvy lines and curvy patterns together are a thing of the past.
- Round-topped tables are good choices because they are easy to get around in a small space; no corners to bump into at night.

The egg debate

Happy chickens, happy planet

What are the most sustainable eggs to buy? -Natalia of Regina

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

You'll want to choose eggs from happy chickens!

Eating a planet-friendly diet includes consuming less meat, eggs and dairy products. But if you buy eggs, consume those that are humanely raised.

These days, egg cartons make claims like "cage-free," "free-run" and "free-range." And these choices matter. Tragically, more than 90 per cent of Canada's egg-laying hens are confined in "battery cages" — small wire cubes housing five to seven birds each, beaks cut (to control damage from pecking their cage mates), stacked row upon row upon row in large, windowless barns.

It's time to put the chickens before the eggs. Here's a quick guide to navigating egg-carton labels, from better to best choice (and don't be fooled by misleading claims like omega rich or fed vegetarian feed).

Cage-free eggs: Hens aren't confined to battery cages, but that's about it. They don't have access to the outdoors, and there are no assurances about what they are fed or what kinds of medications they are given. You might see this claim on all three types of non-battery cage production eggs — free-run, free-range and organic. Certification: none.

Free-run eggs: Chickens can move around in open-concept barns, but they don't necessarily have access to the great outdoors and overcrowding may still be an issue. Certification: none.

Free-range eggs: Hens see the light of day (depending on the weather) and their feet actually come in contact with the earth. Certification: none

Organic eggs are your best choice. These hens benefit from the highest welfare standards. And certified-organic labels often require the use of organic feed without growth hormones or antibiotics.

Certification can include third-party labels like Canada Organic, Quality Assurance International, USDA Organic and B.C. Certified Organic. You may also see certification by provincial welfare agencies. For example, the BC SPCA Certified label assures eggs come from farms that have passed their animal welfare standards.

More than 90 per cent of Canada's egg-laying hens are confined in battery cages. ISTOCK IMAGES

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A rocky road paved with cappuccino leads to a drool-worthy cheesecake

A great combination for a cheesecake is coffee, chocolate chips, marshmallows and toasted almonds. This cheesecake is not only delicious but beautiful to present to your family and guests, especially if you drizzle it with more chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch springform pan with cooking spray.

2. In a small bowl, combine the crumbs, water and oil. Pat onto the bottom and partially up the sides of the pan.

3. Dissolve the coffee in the hot water. In the bowl of a food processor, add the ricotta and cream cheese, egg, sour cream, sugar, flour and dissolved coffee. Purée until smooth. Pour into the pan and bake for 35 minutes. Remove from the oven.

4. Sprinkle the marshmallows, chocolate chips and almonds over the cake and bake for another 5 minutes. Allow to cool, and chill before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Crust
- 1 2/3 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

Filling
- 1 1/2 tbsp instant coffee or espresso powder
- 1 1/2 tbsp hot water
- 2 cups light ricotta
- 1/2 cup light cream cheese, cubed
- 1 large egg
- 3/4 cup low-fat sour cream
- 1 cup granulated sugar
- 3 tbsp all-purpose flour

Topping
- 1/3 cup miniature marshmallows
- 3 tbsp semisweet chocolate chips
- 3 tbsp slivered toasted almonds

Cappuccino Rocky Road Cheesecake

This recipe serves 12. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Book of the week

A cake for every reason & season

Make, Bake & Celebrate! by Annie Rigg will inspire you to create something special, no matter how new you are to cake decorating.

Most of the cake recipes in the book are adapted from one of The Basics in the first chapter where you'll also find frostings and decorating techniques.

Chapters such as For Birthdays offer cakes for the grown sweet tooths (Gilded Double Chocolate Cake with Chocolate Roses) while For Kids has options specifically for the little ones (Chocolate Polka Dot Tower). Other recipes include Lilac and Lavender Petits Fours, Macron Wedding Cake, and more. METRO

If gentlemen prefer blonds, will bakers prefer blondies?

White Chocolate Coffee Cashew Blondies

This recipe serves 9. MATTHEW MEAD/ THE ASSOCIATED PRESS

According to Hollywood, gentlemen prefer blonds. With this white chocolate-studded blondie treat and its duo of tastes, blondies are also easy to love. Their rich coffee and crunchy cashew texture also help.

All the elements are brought together in a sweet, rich bar that, thanks to a generous helping of brown sugar, stays moist and chewy with just a hint of crunch on the outside.

Want to take it even further? Sprinkle the top with flaked sea salt just before popping it in the oven.

And if you don't like cashews, peanuts, almonds or walnuts would be good, too. Or maybe you want to add a bit of each.

1. Heat the oven to 350 F. Coat a 9-by-9-inch baking pan with cooking spray.

2. In a medium bowl, combine the water, instant coffee and vanilla. Stir until the coffee granules dissolve.

3. Add the butter, brown sugar and salt. Use an electric mixer or whisk to beat until light and fluffy. Add the eggs, one at a time, beating between additions and scraping down the sides of the bowl. Stir in the flour, then the white chocolate bits and cashews.

4. Spread the mixture evenly into the prepared pan. Bake for 35 to 40 minutes, or until a toothpick inserted at the centre comes out clean. Cool, then cut into 9 squares. THE ASSOCIATED PRESS

Ingredients

- 1 tbsp water
- 1 tbsp instant coffee
- 1 tsp vanilla extract
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1 1/2 cups packed light brown sugar
- 1 tsp salt
- 2 eggs
- 1 3/4 cups all-purpose flour
- 1 cup white chocolate bits
- 1 cup unsalted roasted cashews

Chocolate Fondant. An unexpected velvety finish to a special dinner

This exquisite dessert provides a velvety chocolate finish to a special meal. The sweet and spicy blend of honey mustard and chocolate makes for a simple yet sophisticated treat.

1. In a medium saucepan, bring cream to a boil. In a heatproof mixing bowl, pour cream over white chocolate. Mix well. Add honey mustard. Mix thoroughly. Pour mixture into an ice cube tray and freeze for 40 minutes.

2. Preheat oven to 250 C (475 F).

3. Meanwhile, in the top of a double boiler, melt butter and dark chocolate. Add eggs, flour and sugar to melted mixture and mix well.

4. Pour half of the dark chocolate mixture into small cupcake moulds. Place a frozen ball of ivory chocolate in the middle of each mould. Cover with remaining dark chocolate mixture. Bake for 8 to 10 minutes.

THE CANADIAN PRESS/MAILLE

Ingredients

- 60 ml (4 tbsp) 15 per cent cream
- 100 g (3 1/2 oz) white chocolate
- 30 ml (2 tbsp) honey mustard
- 60 g (2 oz) butter
- 200 g (7 oz) dark chocolate
- 3 eggs
- 125 ml (1/2 cup) flour
- 150 ml (2/3 cup) sugar

SPORTS 4

Adam Scott reacts to a missed par putt on the 18th green during the final round of the Open Championship on July 22 at Royal Lytham & St. Annes Golf Club in England. After his tough loss at the British Open, Scott is still convinced there will be a major championship trophy with his name on it. HARRY HOW/GETTY IMAGES

Scott ready for his next shot at a major

Golf. Australian blew four-shot lead at British Open last month, but believes he will get a major trophy

There's no silver claret jug for Adam Scott, only a silver lining.

For two days after the British Open, where Scott lost a four-shot lead with four holes to play, he holed up at his home in the Swiss Alps and tried to digest what went wrong. The numbness he felt that Sunday evening, when Ernie Els was introduced as the champion golfer of the year, stayed with him. He didn't beat himself up. He didn't curl up in a corner. It was a time of quiet reflection.

It's when he went to the golf course at Crans-Sur-Sierre to hit balls that his outlook brightened considerably.

"I hit the first few balls, and I hit them nice," Scott said Wednesday. "And that was kind of a reminder that it's not horrible and I don't know how to play golf anymore. It was just four holes that I'll have to learn from and be tougher on myself next time I'm in that position."

That's what Scott took away from Royal Lytham & St. Annes. He is convinced there will be a next time. He's convinced there will be a major championship trophy in his name.

Scott still hasn't seen replays of that final hour. The soft bogey on the 15th. The three-putt bogey on the 16th. Belting a pure tee shot on the 17th, only to hit 6-iron to the left of the green to set up another bogey. And a 3-wood into the bunker on the 18th, which led to one final bogey to finish one shot behind.

"Look, I can imagine how it probably looked," Scott said. "If it was me watching somebody else, I certainly could feel for them. But for me ... I'm disappointed that I didn't win from that position, but I left that major the same as I've left every other one — and that's empty-handed."

Different from the others was remembering the first 68 holes that put him in that position.

Scott had never seriously contended in a major until last year at the Masters, where he made clutch putts over the closing holes and played well enough to win until Charl Schwartzel made history at Augusta National by closing with four straight birdies to win by two.

And now the Open.

His next chance is a week away.

Scott headed to Kiawah Island earlier this week to see The Ocean Course, where the PGA Championship is being held for the first time.

First up is the Bridgestone Invitational, where a year ago Scott claimed his first World Golf Championship.

THE ASSOCIATED PRESS

MLB

New York Yankees end 4-game skid

Robinson Cano hit a grand slam in a seven-run third inning, and New York sent Zach Britton to another shellacking at Yankee Stadium in a 12-3 rout of the Baltimore Orioles on Wednesday that stopped a four-game losing streak.

THE ASSOCIATED PRESS

NFL

N.Y. Giants' coach Coughlin defends banned safety

New York Giants coach Tom Coughlin feels the NFL didn't use common sense in suspending safety Tyler Sash for a violation of the league's performance enhancing drug policy.

The league announced the suspension Tuesday, saying Sash would be ineligible for the first four games of the season.

Sash said he took a prescription drug (Adderall) while under a doctor's care for an anxiety condition in March, having no idea it was banned by NFL policy. The league denied his appeal.

THE ASSOCIATED PRESS

Tyler Sash GETTY IMAGES FILE

Mobile sports

The gymnast whose career record for most Olympic medals was broken by Michael Phelps says she doesn't mind that the American swimmer has surpassed her. Larisa Latynina, who won 18 medals from 1956 to 1964 while competing for the Soviet Union, was in London on Tuesday to watch Phelps, and she says she was happy for him. Scan the code for the story.

NHL. Flyers reward Laviolette with 2-year deal

Peter Laviolette led the Flyers within two wins of a Stanley Cup championship. Philadelphia is willing to give their coach a few more years to finish the job.

Laviolette and the Flyers agreed Wednesday to a two-year contract extension that will take him through the 2014-15 season.

Philadelphia has the third-most wins in the Eastern Conference (122), behind only Pittsburgh and Washington (127 each) since Laviolette was hired to take over for John Stevens in December 2009.

THE ASSOCIATED PRESS

Peter Laviolette GETTY IMAGES FILE

Baseball

Minor-league pitcher banned 50 games for drug violation

Free-agent pitcher Starlyn Suriel has been suspended 50 games for violating baseball's minor league drug program.

The commissioner's office announced Wednesday that Suriel tested positive for metabolites of Stanozolol.

The right-hander's suspension will take effect as soon as he signs with another major league organization.

THE ASSOCIATED PRESS

Boxing. Mayweather Jr. due for release from jail

Floyd Mayweather Jr. is due for release from a Las Vegas jail by the weekend after serving two months in a domestic battery case.

Records show that the 35-year-old undefeated champion is due for release Friday from the Clark County Detention Center.

Las Vegas police Officer Jose Hernandez said Wednesday that Mayweather Jr. was granted time off his 90-day sentence for work and good behaviour.

Mayweather Jr. surrendered for jail on May 1 after pleading guilty in December to misdemeanour charges in a September 2010 scuffle with his girlfriend, Josie Harris, while two of their children watched.

Mayweather Jr. promoter Leonard Ellerbe did not respond this week to messages. THE ASSOCIATED PRESS

Plea deal

With the plea deal, Mayweather Jr. avoided a trial on felony charges that could have landed the boxer in prison for a maximum of 34 years.

Rowing their way to redemption in London

Men's eight. After last-place showing in heat over weekend, Canadians come back to earn silver in London

Canada's men's eight rowing team members, from right, Jerry Brown, Andrew Byrnes, Conlin McCabe, Will Crothers, Rob Gibson, Brian Price, Malcolm Howard, Gabe Bergen, and Doug Csima celebrate their silver medal at Eton Dorney on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Credit the Canadian men's eight with a horrendous start and courageous finish to the Olympic regatta.

After finishing last in their opening heat last Saturday, the Canadians did a lot of soul-searching, absorbed a tongue-lashing from veteran coach Mike Spracklen and then got their act together again.

The roller-coaster ride led to a silver medal Wednesday at Eton Dorney, a tribute to hard work, good character and terrific coaching.

The Canadians won rowing's marquee event at the 2008 Games in Beijing but only had three returning members of that crew — Toronto's Andrew Byrnes, Victoria's Malcolm Howard and coxswain Brian Price of Belleville, Ont. — in the London boat.

The other members of the Canadian eight are Will Crothers and Rob Gibson of Kingston, Ont., Jerry Brown of Cobourg, Ont., Conlin McCabe of Brockville, Ont., Doug Csima of Oakville, Ont., and Gabe Bergen of 100 Mile House, B.C.

Since Beijing, the German eight has ruled the waves going unbeaten in almost four years.

Germany was unstoppable again, winning in five minutes 48.75 seconds ahead of Canada in 5:49.98 and Britain at 5:51.18.

"We knew we'd have to have an amazing race to get on the medal podium," said McCabe. "Like to get the bronze, even."

Once on shore Wednesday, the Canadians celebrated as if they had won. It wasn't quite worst to first, but it was close.

Canada started sluggishly at the regatta, finishing last in its heat behind Germany, Britain and the Netherlands.

Spracklen said he ended a no-holds-barred meeting on Sunday by making an unusual request.

"I can't remember it word-for-word, but what I said was, 'I have one last request and I've never asked anyone before — win the race for me,"' said Spracklen.

The Canadians changed tactics as a result.

Instead of going after the Germans in the final on Wednesday, the Canadians focused on their start and then looked to work off other crews. They disposed of Australia, then the Dutch, then Britain.

"Right from our start, I knew this was going to be good," Brown said. "(We) just had to keep pushing. The boat's on a rail — just keep adding to it. We've got so many horses in that boat."

THE CANADIAN PRESS

Quoted

"At 750 (metres), I said, 'Guys, put on your hard hats. It's time to go to work.' And they went to work. It was all about just work, work, work. Every stroke."

Canadian coxswain Brian Price

Cycling

Hughes finishes 5th in final ride

With the finish at Hampton Court Palace approaching, Canadian cyclist Clara Hughes furiously worked her pedals as she made one last push for the line.

She did it all with a smile on her face as she soaked up the joy of competing on the Olympic stage one last time.

Hughes capped an incredible Olympic career with a fifth-place finish in the women's time trial on Wednesday. She was almost a minute behind American Kristin Armstrong.

Hughes was about 30 seconds away from reaching the podium at the Games for a seventh time.

"I knew today, I knew in the last week, in the last month, that this is the last time I would have the chance to race in the Olympics," Hughes said. "I'm really proud of what I did."

Hughes and former long-track speedskating teammate Cindy Klassen share the honour of being the country's most decorated Olympians. Hughes won two cycling medals at the 1996 Games in Atlanta and went on to capture four more in speedskating over the last three Winter Olympics. THE CANADIAN PRESS

Clara Hughes, during her final Olympic ride on Wednesday. FRANK GUNN/THE CANADIAN PRESS

Cycling. Wiggins sets new standard for British Olympians with gold in time trial

There was no better place for Bradley Wiggins to sit than on a throne.

The 32-year-old Londoner completed his coronation as one of Britain's top sports figures on Wednesday by winning gold in the men's time trial at the London Games, just 10 days after becoming the first British rider to win the Tour de France.

It was Wiggins' fourth Olympic gold — after three previous ones in track cycling — and gave him a British record seven overall. He had shared the mark of six medals with Steve Redgrave — although the rowing great won five golds.

After pedalling his way through a sea of flag-waving and sideburn-wearing fans toward the former royal residence of Hampton Court and a gold that never seemed in doubt, Wiggins was ushered from the finish line toward a very fitting seat — one of three gilded thrones where the top finishers waited to see if they had won a medal.

Bradley Wiggins in London on Wednesday. THE ASSOCIATED PRESS

Wiggins didn't have to sit there for more than a few seconds, as the only remaining threat — Fabian Cancellara — was well out of reach of his time.

Wiggins quickly jumped back on his bike and rode down the course again to share his victory with his raucous supporters.

"I wanted to go and see my wife and all the people that had come to stand there on the roadside," Wiggins said. "We all know about the Olympic ticketing.... The great thing about cycling is it's free to come and watch. All the real fans are out there, if you're not lucky enough to come in and get a ticket. It was nice to go back out and roll up and down."

Victoria native and Giro d'Italia winner Ryder Hesjedal was Canada's lone competitor in the event. He finished 28th. THE ASSOCIATED PRESS

Thursday's 3 to watch

1 Women's judo

Amy Cotton of Montreal takes to the judo mat in the 78-kilogram class. The 32-year-old finished ninth at the 2004 Games in Athens.
Time: 8 a.m.
Channel: CTV

2 Men's swimming

American stars Ryan Lochte and Michael Phelps, pictured, look to add to their already impressive medal hauls in the 200-metre individual medley final.
Time: 12:30 p.m.
Channel: CTV

3 Women's beach volleyball

Canadian beach volleyball duo Annie Martin and Marie-Andree Lessard, pictured, look for their first win after a pair of losses. They take on Italians Greta Cicolari and Marta Menegatti.
Time: 5 a.m.
Channel: TSN

Hayden fights off nerves to claim his first medal

Swimming. Elder swimmer from Mission, B.C., wins bronze in his third Olympic Games

The most senior member on Canada's swim team conquered rookie nerves to capture his first Olympic medal.

Brent Hayden won bronze in the 100-metre freestyle Wednesday for Canada's first swim medal of the 2012 Summer Games.

After touching the wall in 47.80 seconds, Hayden turned, rose out of the water almost to his waist to see the scoreboard and then slapped his right hand into the water with joy.

"There are so many times when you can dream of something, but a million out of a million and one times it won't come true," Hayden said. "This was one of the things that I was very fortunate as a human being to have happen to me."

American Nathan Adrian out-touched James Magnussen for gold in 47.52, followed by the Australian in 47.53.

Hayden grappled with emotion and a complaining back in the hours prior to his race. The three-time Olympian required three spinal adjustments from his medical team to address his discomfort.

The Mission, B.C., swimmer is a world champion and world silver medallist in the distance, but was about to swim in his first Olympic final in three tries.

"I just couldn't help feeling like 'The best day of my life feels like the worst day of my life right now,'" he explained. "I woke at 6 a.m. and my heart pounding because I was thinking about the race.

"It took me a while to turn that off and fall back asleep. All throughout the day I kept having these moments where I'd kind of start to think about the race and my heart would start thumping and I thought 'I've got to stay calm, I've got to stay calm.'"

At 28, Hayden was more than three years older than Cesar Cielo, the next eldest in the final.

The two veterans went out quickly with Hayden second to the Brazilian at the 50-metre split. But Adrian and Magnussen went eyeball to eyeball in the fourth and fifth lanes and closed hard. Hayden kept contact in the seventh lane.

"I kind of had the urge to kiss the starting block because I just never knew I could love Lane 7 so much," he said. "Tonight was (about) digging down deep into my soul."

THE CANADIAN PRESS

A first for Canada

- Hayden is the first Canadian man to win an Olympic medal in the 100-metre freestyle.
- The man who last swam in a final, International Olympic Committee member Dick Pound, hung the bronze around Hayden's neck. Pound was sixth in the 1960 Olympics.

Brent Hayden celebrates his bronze-medal win Wednesday in the 100-metre freestyle at the Aquatic Centre in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

Quoted

"It was all about finding my inner strength and feeding off my fiancée's vibes from the stands."

Brent Hayden will marry Nadina Zarifeh in Lebanon a week after the closing ceremonies in London

Canadian badminton duo reach medal round

Canada's Alex Bruce and Michele Li, rear, play Australia on their way to winning their quarter-final match in women's doubles badminton Wednesday. The pair lost all three of their round-robin matches, but were re-entered in the tournament after eight players were expelled for trying to lose matches on purpose. ANDRES LEIGHTON/THE ASSOCIATED PRESS

Record reaction. London Games chairman 'not sure' Phelps the greatest

With 19 medals, Michael Phelps is the most decorated Olympian of all time. But the greatest?

Not for Sebastian Coe.

Coe, the two-time gold medallist in the 1,500 metres and head of the London Games, is not ready to anoint Phelps as the supreme Olympian.

"You can probably say that clearly, self-evidently, in medal tally he's the most successful," Coe said Wednesday. "My personal view is I am not sure he is the greatest, but he is certainly the most successful. That goes without saying."

The American swam the anchor leg of the winning U.S. 4x200-metre freestyle relay Tuesday night to surpass Soviet gymnast Larisa Latynina for most career Olympic medals. Latynina won 18 medals at the 1956, 1960 and 1964 Olympics.

Phelps, who won a record eight gold medals at the 2008 Beijing Games, is competing in three other events in London and can take the record further.

So who, Coe was asked, would he pick over Phelps?

He started with a crack: 'Well, modesty prevents me from.... No. That's a joke.

"This is the global pub game," said Coe, who won his gold medals at the 1980 and 1984 Games. "Who is the greatest Olympian of all time? I could go around this whole room, we'd all come up with different interpretations on."

THE ASSOCIATED PRESS

Day 5 results

MEDAL STANDINGS

73 of 302 total medal events

Nation	G	S	B	Tot
China	17	9	4	30
United States	11	8	9	28
South Korea	6	2	4	12
France	5	3	4	12
North Korea	4	0	1	5
Germany	3	8	2	13
Italy	3	4	2	9
Kazakhstan	3	0	0	3
Japan	2	4	11	17
Russia	2	4	5	11
Also				
Canada	**0**	**1**	**5**	**6**

BASKETBALL

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

Country	W	L	Pts
France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	**1**	**2**	**2**
Britain	0	2	0
Brazil	0	2	0

Wednesday, Aug. 1
France 64, Canada 60
China 76, Angola 52
Australia 67, Brazil 61
Russia 67, Britain 61
Czech Republic 89, Croatia 70
United States 89, Turkey 58

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ROWING

Men's eights — Canada (Gabriel Bergen, 100 Mile House, B.C.; Douglas Csima, Oakville, Ont.; Rob Gibson, Kingston, Ont.; Conlin McCabe, Brockville, Ont.; Malcolm Howard, Victoria; Andrew Byrnes, Toronto; Jeremiah Brown, Cobourg, Ont.; Will Crothers, Kingston, Ont.; Brian Price, Belleville, Ont.), won the silver medal in 5:49.98.
Men's lightweight double sculls — Douglas Vandor, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished first in their semifinal heat in 7:02.85 and qualified.
Men's pairs — David Calder, Victoria, and Scott Frandsen, Kelowna, B.C., finished first in their semifinal heat in 6:56.47 and qualified.

SWIMMING

Men's 100 freestyle — Brent Hayden, Mission, B.C., won the bronze medal in 47.80.
Men's 200 backstroke — Tobias Oriwol, Toronto, finished fourth in his qualifying heat in 1:58.06. He finished seventh in his semifinal heat in 1:58.74 and did not advance to the final.
Men's 200 individual medley — Andrew Ford, Guelph, Ont., finished first in his qualifying heat in 2:00.28. He finished seventh in his semifinal heat in 2:01.58 and did not advance to the final.
Women's 100 freestyle — Julia Wilkinson, Stratford, Ont., finished third in her qualifying heat in 54.16. She finished seventh in her semifinal heat in 54.25 and did not advance to the final.
Women's 200 breaststroke — Tera Van Beilen, Oakville, Ont., finished seventh in her qualifying heat in 2:27.70 and did not advance. Martha McCabe, Toronto, finished third in her qualifying heat in 2:26.39. She finished fourth in her semifinal heat in 2:24.09. McCabe, finished seventh in her final heat in 2:24.09 and advanced to the final.
Women's 4x200 freestyle relay — Canada (Barbara Jardin, Notre-Dame-de-Grace, Que.; Samantha Cheverton, Lachine, Que.; Amanda Reason, Toronto; Brittany MacLean, Toronto), finished second in its final heat in 7:50.84. Canada finished fourth in the final in 7:50.65.

BASKETBALL

Women — Canada lost to France 64-60.

JUDO

Men's 90Kg — Alexandre Emond, Montreal, lost to Winston Gordon, of Britain, in Ippon, O-guruma, in 1:43 in the round of 32.
Women's 70Kg — Kelita Zupancic, Whitby, Ont., lost to Lucie Decosse, of France, in Ippon, Ko-soto-gari, in 4:31 in the round of 16.

SAILING

Men's windsurfer — Zac Plavsic, Vancouver, is in seventh place after the fourth race (36).
Men's laser — David Wright, Toronto, is in 18th place after the sixth race (80).
Men's 49er — Hunter Lowden, West Vancouver, B.C. and Gordon Cook, Toronto, are in 14th place after the sixth race (50).
Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 29th place after the sixth race (126).
Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the fourth place (36).

ARCHERY

Women's individual 70m — Marie-Pier Beaudet, Levis, Que., lost to Louise Laursen, of Denmark, 7-3 in the round of 32.

CYCLING

Men's time trial — Ryder Hesjedal, Victoria, finished 28th in the final in 56:06.18.
Women's time trial — Clara Hughes, Glen Sutton, Que., finished fifth in the final in 38:28.96. Denise Ramsden, Yellowknife, finished 19th in the final in 41:44.81.

WEIGHTLIFTING

Women's 69Kg — Marie-Eve Beauchemin-Nadeau, Quebec City, finished eighth in the final with a weight of 239 kilograms.

FENCING

Women individual sabre — Sandra Sassine, Montreal, lost to Aleksandra Socha, of Poland, 15-7 in the round of 32.

DIVING

Men's synchronized 3m springboard — Alexandre Despatie, Laval, Que. and Reuben Ross, Regina, finished sixth in the final with a score of 421.83.

SOCCER

MEN

FIRST ROUND

GROUP A

	GP	W	D	L	GF	GA	Pts
Britain	3	2	1	0	5	2	7
Senegal	3	1	2	0	4	2	5
Uruguay	3	1	0	2	2	4	3
U.A.E.	3	0	1	2	3	6	1

Wednesday, Aug. 1
Britain 1, Uruguay 0
United Arab Emirates 1, Senegal 1

GROUP B

	GP	W	D	L	GF	GA	Pts
Mexico	3	2	1	0	3	0	7
South Korea	3	1	2	0	2	1	5
Gabon	3	0	2	1	1	3	2
Switzerland	3	0	1	2	2	4	1

Wednesday, Aug. 1
Mexico 1, Switzerland 0
Gabon 0, South Korea 0

GROUP C

	GP	W	D	L	GF	GA	Pts
Brazil	3	3	0	0	9	3	9
Egypt	3	1	1	1	6	5	4
Belarus	3	1	0	2	3	6	3
New Zealand	3	0	1	2	1	5	1

Wednesday, Aug. 1
Brazil 3, New Zealand 0
Egypt 3, Belarus 1

GROUP D

	GP	W	D	L	GF	GA	Pts
Japan	3	2	1	0	2	0	7
Honduras	3	1	2	0	3	2	5
Morocco	3	0	2	1	2	3	2
Spain	3	0	1	2	0	2	1

Wednesday, Aug. 1
Morocco 0, Spain 0
Honduras 0, Japan 0

Horoscopes

♈ Aries
March 21 - April 20
You have the energy and the ambition to make something special of your life, but not everyone believes you are up to the task. Go out of your way to prove them wrong today. They won't doubt you much longer.

♉ Taurus
April 21 - May 21
You may be tempted to get involved in a friend's personal problems but that would be a big mistake. No matter how much you think they need help, the best thing you can do is steer clear — for now.

♊ Gemini
May 22 - June 21
The Sun in Leo is good for Geminis but today's full moon could bring some kind of setback. If travel or social plans have to be changed, there is no point getting mad about it. Just go with the flow.

♋ Cancer
June 22 - July 23
Today's full moon takes place in the wealth sector of your chart, so you would be wise not to take chances with money, either your own or other people's. A little caution is by far the best investment.

♌ Leo
July 24 - Aug. 23
The Sun in your sign makes all things possible but it doesn't get rid of those annoying people who always seem to be telling you not to take risks. No one tells a Leo to do anything and gets away with it!

♍ Virgo
Aug. 24 - Sept. 23
You may decide, with good reason, that you don't want to take on extra duties on the work front, and you are within your rights to say so. You're not interested in doing more — you want to do better.

♎ Libra
Sept. 24 - Oct. 23
There is a luck factor working in your favour at the moment but don't take it for granted. Today's full moon will in some way remind you that fate has a tendency to change just when we least expect it.

♏ Scorpio
Oct. 24 - Nov. 22
You may be ambitious at the moment but today's full moon could bring an element of self-doubt into your life. Scorpio, self doubt? Is that possible? Yes it is, but only in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to slow down and enjoy the fruits of your success but while the momentum is on your side you really ought to make the most of it. Do something outstanding today.

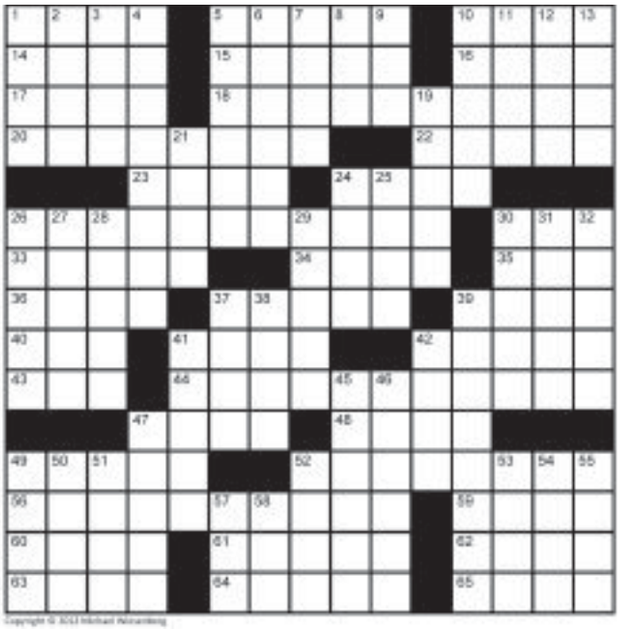
♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that nothing is what it seems at the moment, so make an effort to read between the lines, especially when there is money at stake. Accept nothing on trust — always demand facts and figures.

♒ Aquarius
Jan. 21 - Feb. 19
It does not matter how worked up you get about various injustices, you won't be able to change anything. All you can do is take care of your own life. Others will follow your example.

♓ Pisces
Feb. 20 - March 20
The best way to forget your worries is to throw yourself into your work. By focusing your conscious mind on the task at hand, you free your subconscious mind to find the answers for you. It won't take long. SALLY BROMPTON

Crossword: This and That

BY MICHAEL WIESENBERG



Across

1. Actress Watson of Harry Potter movies
5. Ontario and Great Slave
10. Alberta-based power distribution company that controls its operations through Canadian Utilities
14. Car top
15. Internet-based periodical, familiarly
16. "Ouch!"
17. "What business is ___ yours?"
18. Montréal's ___ Seaway
20. Canada's 20th PM, 1993-2003
22. Arm bones
23. Gator's cousin
24. Three tsps.
26. Hamilton-born SCTV and SNL graduate who starred in *Three Amigos, Innerspace, Pure Luck, Mars Attacks!, Father of the Bride, and Father of the Bride Part 2*
30. "Do ___ say!"
33. "I don't want to hear ___ out of you!"
34. Modest response to praise
35. Wheat part
36. Caked deposit
37. Toronto-born *60 Minutes* regular Morley
39. Huff
40. Not hers
41. "___ Want for Christmas ..."
42. Big spoon
43. Bullfight "Bravo!"
44. Kitchener-born Miss Moneypenny player in many Bond movies
47. Stereo brand
48. French assents
49. Big name in dental care
52. Ontario neighbor
56. Canada's government
59. Iraqi or Lebanese
60. Songstress James of jazz
61. "Ready or not, ___ come!"
62. *The Thomas Crown Affair* costar Russo
63. ATM offering
64. Cubic metre
65. Does lawn repair

Down

1. Guitarist Clapton
2. Butterfly relative
3. Tie up, in a way
4. Impacted
5. Skin wound
6. Early Mexicans
7. Brick-baking oven
8. Old Spanish queen or Bambi's aunt (NAE anagram)
9. Repair tears
10. "The dog gave ___ when the boy kicked it"
11. Ala. neighbor
12. ___-Cola
13. Is in debt
19. Out of practice
21. Stumble
24. Kind of bag
25. "It's c-c-c-cold!"
26. Chest-thumping
27. Taxing month
28. Employ again
29. Stereos
30. *Biography* cable channel
31. Unappetizing fare
32. "___ Inside": computer slogan
37. Decelerate
38. Et ___: and others (Lat.)
39. Reacted to a knockout
41. Excuse
42. Half CXXIV
45. Bellyacher
46. Em or Mame
47. Moslem deity
49. Org. that includes Venezuela and Ecuador
50. ___-tat-tat: machinegun sound
51. Painting and sculpture, e.g.
52. Just
53. Some kids eat the middle of this first
54. Rock group
55. President Lincoln and namesakes
57. Contented comments
58. Encountered

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7				5				9
	8				6	2	7	
	9		7	3				
	7					8		
8		4				5		3
		1					2	
				4	8		3	
	6	5	1				9	
2				6				1

Yesterday's Sudoku

Sharability

easy hard

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